

King County Walks Week

April 4 – 8, 2011

Registration Form

Welcome to King County Walks Week. Thank you for walking with co-workers to celebrate employee health.

Every King County employee who participates in King County Walks Week earns a free safety flashlight and whistle. **ONE team member must complete this registration form** to receive the goodies.

Follow the steps below:

1. **Read the Rules:**

- **Registration form must be received by the Health Matters team by 3 p.m. on April 8th.**
- No group is too small or walk is too short, but aim for a minimum of 1 mile or 15 minutes.
- All pedometers for the team will be sent to one mail stop. The Team Leader is in charge of distributing them among teammates.

2. **Register:**

Team Leader Name: _____

Address: Mailstop _____ Badge # (Transit Ops only) _____

Street Address: _____

Names of all Team Members: _____ Number of flashlights/whistles needed: _____

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

(use an additional registration form if needed for more team members)

3. **Distribute goodies when they arrive.**

Submitting by e-mail? Click the submit button in the upper right corner

Submitting by fax? Print the form and fax to 206-263-6694

Questions? Call 206-263-6085